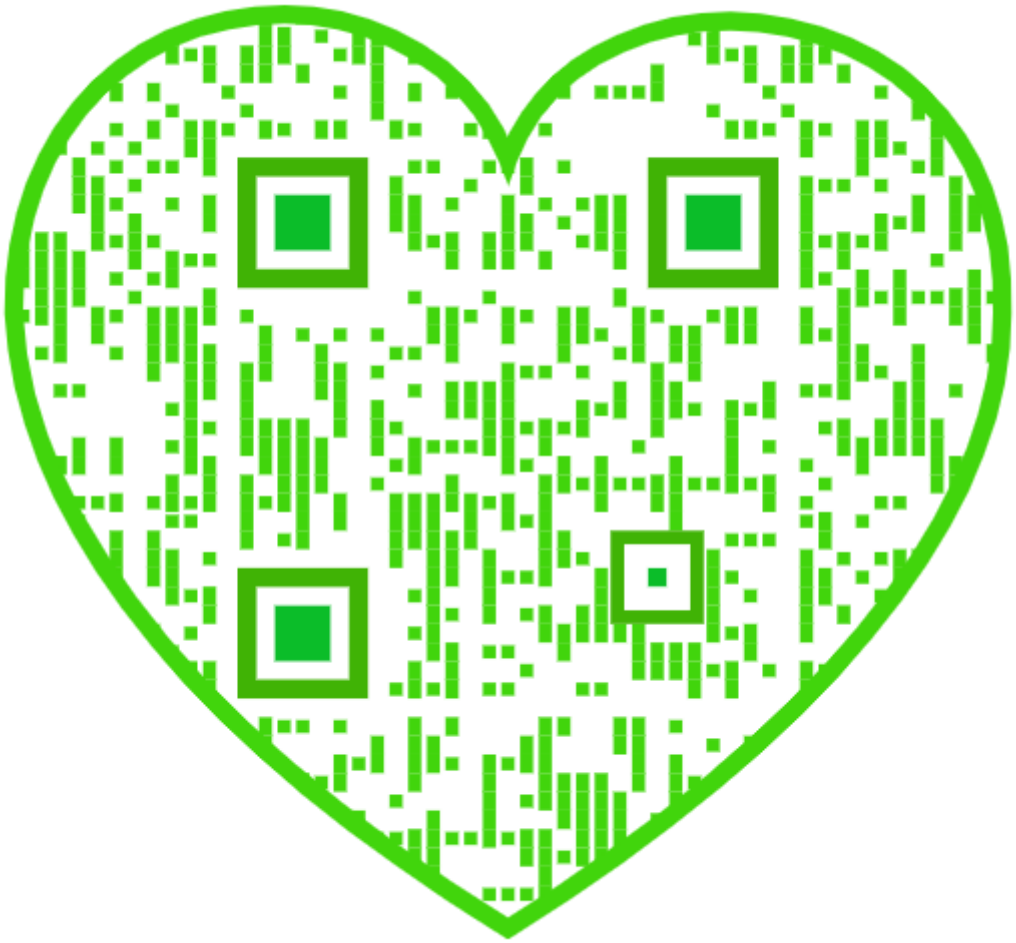

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THE

CANADIAN HERBAL,

OR BOTANIC FAMILY PHYSICIAN,

COMPRISING A VARIETY OF THE

INDIAN REMEDIES,

AND MEDICINAL PLANTS OF THIS COUNTRY,

AND

ADAPTED TO VARIOUS FORMS OF DISEASE.

BY REV. SCHUYLER STEWART B. D.

WITH AN APPENDIX, CONTAINING, &c.

Let none despair for herbal skill retains;
The balm from plants which deck far distant plains,
From vales and groves, rich healing roots he gleans,
And rosy health springs from such magazines:
He culls each herb which has the power to cure,
Dispensing blessings to the *Rich* and *Poor*.

"All men ought to be acquainted with the Medical Art."
HIPPOCRATES.

PRICE, Two Shillings and Six-Pence.

HAMILTON:

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1851.

INTRODUCTION.

Every man who has "a generous concern for those who may come after him," would wish to leave on the Tablet of time a memento for the benefit of others, when he has "gone the way of all the earth." And such is the desire of the Author of this work. Hence in view of the *ills* under which mankind labour, by various forms of disease both natural and incidental. It becomes every friend of man to mitigate at least if he cannot remove these sufferings. I have from childhood found delight in contemplating the character of God! Eespecially his work of creation—particularly that part of it which embraces the *Vegetable Productions* of the earth—the Infinite wisdom displayed in the beautiful colours, form, Symmetry, Variety, &c., by the "*Great Architect* of the *Universe*," has invariably produced in my mind, wonder and Admiration!— In visiting different parts of the Province, during the last twenty years,—I have found in every place Medicinal plants adapted to the diseases in the vicinity where the people reside. The dog when sick will eat *grass*, the cat *catnip*, the toad *plantain*. And shall not men have as much knowledge as a Brute? It is generally admitted that there are "Medicines growing in the fields and woods of our own Country sufficient to cure every disease if we only knew them." The object is gained then—for there are many *white men* and *Indians* who know hundreds of them; and have tested their virtues in removing the worst diseases, which afflict the human family; yet how apt some men are to

condemn any thing in Medicine—and are ready to say to the *Botanic Physician* in language of contempt,

"From curing disease with roots and herbs,
We'll surely call you back,
And if we can't persuade you,
We'll surely call you *Quack*."

Yet, notwithstanding, *Vegetable Remedies* are used with success by hundreds of the greatest respectability in this Province.

Extract from the Writings of the Rev. JOHN WESLEY.

"The healing art was first brought into use in a very natural and simple manner. In the earliest age of the world, mankind by various experiments, or accidents, discovered that certain *Plants*, *Roots* and *Barks*, possessed Medicinal properties, these were found sufficient to remove their diseases—while the Application of these remedies was plain and easy. * * * * * * And there has not been wanting from time to time some lovers of mankind who have endeavoured (contrary to their own interests) to reduce *physic* to its ancient standard; who have endeavoured to explode out of it all Hypothesis and fine spun theories, and to make it a plain intelligible thing as it was in the beginning, having no more mystery in it than this, "such a Medicine removes such a pain;" these have demonstrably shown that neither the knowledge of Astrology, Astronomy, natural Phylosophy, or even Anatomy itself, is absolutely necessary to the quick and effectual cure of most diseases incident to the human family; nor yet any Chemical or Exotic; but simple *Plants* or *Roots* duly applied, so that

every man of common sense (in ordinary cases) may prescribe for himself or his neighbour, and may be secure from doing harm even where he can do no good."

The above testimony is from one of the greatest divines in Europe in the past century, who like "Luke the Physician" while preaching the Gospel; was often found relieving the sick with simple remedies. I intend in the following pages to avoid ambiguous words, or technical phrases in describing *Botanic* Remedies, or prescribing for the *sick*,—choosing the plainest language that *plain men* may understand me—for I have neither time nor space in this work to do otherwise—the Medical profession have often long hard names—such as [Hydragyri, cloridum mite; sub murias Hydragyri mitis, calomelas sublimatune,] all these big words mean nothing but the single word *calomel*, the herb Peppermint is called ["mentha piperitae herba."]

I would not wish to speak diminutively of the Profession,—but would undeceive such as are made to believe that skill lies in being able to use the "Latin" terms in which the various Medicines the Doctors prescribe are known in their Books. I will now make a few remarks upon the

MODERN PRACTICE.

The modern Practice may be classed under the following heads:—

1st. Mineral and Depletive Class.—These constitute the "Faculty," who have chartered Medical Colleges; are deemed the most learned, and in some respects and most popular.

2nd. The Thompsonian.—These at present are div... d into two classes, pure "Thompsonian," and

"Independent": the independents are not confined to the *Thompsonian system* only, but make all the discoveries they can and practice accordingly.

3rd. THE HOMOEPATHIC PHYSICIANS say, that whatever will create *disease* will *cure* it; hence if *salt* produces fever; *salt* will *cure it*; one millioneth part of a grain is a dose, diet and regimen, are only beneficial with this class.

4th. THE WATER-CURE SYSTEM.—This system is becoming very popular at the present day in America—it is contended by this class that the Element *Water* is amply sufficient, applied internally and externally in all diseases, and is the best remedy in the world.

5th. NOSTRUM MONGERS, another class of persons who deal *in* and deal *out* cure-alls for all disease "that flesh is heir to," and are brought into notice by certificates true or false.

6th. THE REFORMED BOTANIC PHYSICIAN advocates scientific *Medical Reform*, and combines every thing useful from any system where *Vegetable Medicines* are used, to heal the sick; their practice is tested at the bedside by experience,—in relieving the afflictions of all who can be benefited by the application of Medicine—and is in strict accordance with Physiological principles. Thus God has in his infinite goodness suffered a "system to be established, which heals disease in conformity with the intentions of nature, and re-establishes health without destroying the source of life!—hence in view of the many opportunities which we enjoy, in this age of improvement, let us not abuse ourselves; but act in harmony with the laws of life, that we may finally enjoy the life to *come*, in a region where the inhabitants shall never say "I am sick,"

but where the undivided *rest* which remains for the people of God shall be our portion for ever!

S. S.

Palermo, C. W., January, 1851.

A CHAPTER ON DIETETICS,

With Some General Rules for Preserving Health and Longevity.

It has been asserted by *Dr. Graham*, who has published a large Work on the "*Sicence of Human Life*," that man is "*herbeverous*," or designed by the Creator to subsist on Vegetables and the various kinds of *fruit*. I have also an original Work called the "*Primeval Diet of Man.*" Its Author strenuously defends the above principles. *Dr. Combe*, in his Work on "*Dietetics*," and many others, are of a contrary opinion: declaring man to be "*Carnivorous*," from his having the "*Canine*, or dog teeth." I am of opinion that science and experience will prove that man was originally designed to subsist promiscuously upon flesh, fish, fowl, with various fruits and Vegetables; and that man abuses himself by eating too *fast*, too *much*, and too many *kinds* at a time. For "Nature is simple and her wants are few." As fire and water do not agree when they come into contact with each other—so by the almalgamation of too many kinds of food at a time—it injures the dijestive action of the "*Stomach*. *Dr. Beaumont* has shown in his experiments on digestion that if we eat and drink at the same time,—an additional burden is imposed upon the stomach—it will contract in its center like an "Hour Glass" the *absorbents* acting upon the fluids in one, and *gastric juice* acting upon the solids in the other part of the *stomach*, at the

same time. And were the different articles used at one meal by the gormandisers of this world mixt together in a dish,

("If fried, boiled,—stewed or toasted,
Smoked Bak'd, raw or roasted,")

They could not be eaten, but would invariably create loathing and disgust!—hence what a burden is imposed upon the *stomach* by eating too many kinds of food at a time, while many of them are almost or quite indigestible—many will say who act upon the *taste-good* system "I will eat what I please, I can afford it, &c." I would say in reply, no one, as a subject of God's moarl government, has a right to commit *Suicide*!

Till hunger pinches never eat,
And then on plain, not spiced meat,
Desist before you get your fill;
Eat to dilute but not to swell,
Then no ructations you will feel.

Keep constantly to a plain diet: those live longest says *Dr. Baynard* "who avoid variety of meats and drinks which entice to gluttony," hence,

Accustom early in your youth,
To lay embargo on your mouth;
And let no variety invite
To pall and glut the appetite,
But check it always, and give o'er,
With a desire for eating more,
For where one dies by inanition
A thousand perish by repletion.

That to sup sparingly is most healthful, may be infered by the experience of a great number of persons, then

Let supper little be and light,
But none makes always the best night;
It gives sweet sleep without a dream,
Leaves morning's mouth sweet, moist, and clean,

It is the opinion of many Eminent men that "fasting, rest and drinking water; will cure many diseases."

RULES for PRESERVING HEALTH.

1st. The *Medical Power of Nature* sustains the vitality of the system in carrying off the waste particles of matter—hence all kinds of intemperance in eating, drinking, labour, &c., exhaust the body, producing disease and premature death! Let old and young live *temperately.*

2nd. *Dr. Thompson* says, "An ounce of Preventive is worth a pound of cure," let old and young avoid standing or sitting in a current of cold air, or drinking cold water, when in a state of perspiration, without bathing the wrists and temples at the same time.

3rd. Avoid wet feet, by having boots and shoes suitable to the season, (young ladies especially.) A multitude have lost their lives by carelessness. An Eminent Physician has said, "keep your head cool and your feet warm."

4th. All intoxicating drinks are a slow poison; because they are *Indigestible.* I recommend them to disolve *Gums, Resins,* or in the preparation of *Liniment* and *Rhumatic* drops for bathing—many *Indian* remedies have been published which contained a falsehood on the face of Prescription; having *Rum, Gin,* &c. What did Indians know about *Alchohol* or "fire water," as they call it, until taught by wicked white men?—Then avoid *Alchohol* and distilled *Essence* as much as possible, *in Medicine.*

5th. There is a species of self-destroying vice—very common among the youth of both sexes, called "SOLITARY VICE," or "Onanism," a practice which

injures the Health and lessons the growth of the young; and wastes the vitality of the system. Very few Physicians name these things to parents or children as a matter of delicacy. Mary S. Gove, who has written of "*Physiological Reform*," with many others, show the destructive effects of this *vice* at the present day, upon the community! It produces frequently loss of Memory, Insanity, Idiotism, Prostration, Spinal Distortions, Nervous Headaches, Consumption, making existence finally wretched in the extreme; let the young beware of it and those who are in the way of danger abandon it forever.

6th. Let young ladies beware of that *death-shroud* contained in stays and corsets, young men avoid the use of tobacco, opium, hot drinks, too many condiments in cookery; and all consider water, the *succulent* Juice of Fruits and milk; as containing the most nourishment to sustain Physical energy.

So reader if thou art so wise,
To put in practice this advice;
The world shall wonder to behold,
Thou look'st so young and art so old.

SECTION, 1.

Definition of Health and Disease.

DR. W. BEACH of New York, who has published a Work of Eight Hundred Pages, called the "*Reformed Practice of Medicine*" makes the following true remarks:—

"HEALTH.—When all the functions of the system are duly Performed, a person may be said to be in *health*."

DISEASE.—"Any alteration from this state, or when any part ceases to perform its office or function, disease is the consequence. It is a salutary effort of nature to repair an injury to the system or re-establish Health. What is termed disease appears, in reality, to be nothing more than an inherent principle in the system to restore healthy action or to resist offending courses."

Diseases are sometimes alone, or *Primary;* at other times they are connected with, or caused by, other diseases. They are *Acute* when the attack is very severe and dangerous, terminating in a few days:—

Chronic.—When slow in progress, little or no inflamation, and not attended with imminent danger.

Fear.—And other violent passions indulged are unfavourable to health, at all times.

Habit.—Persons of intemperate Habits are less easily excited by Medicinal stimulants than others more temperate, also where the system has been

flooded by *Nostrums* it is more difficult to remove them, than to cure the disease.

Salts, and Minerals. Those who wish to preserve their Health should avoid the use of *Minerals* taken internally; they never were designed by the Author of nature for Medicine; they injure the coates of the stomach and intestines, and often, instead of removing create disease—*Mercury*, which is so universally in use; is the worst of all,—Vegetables should be used in preference;—*salts*—many suppose it necessary frequently to take salts, to preserve their health; this custom is wrong; a vicid thin cold state of the blood follows the use of them: the motto on the Tomb-stone is in place, "I was well; took Physic and died." *Bleeding*—it is quite fashionable to bleed, to prevent disease or preserve health; this is a pernicious custom; no person has a drop of blood to spare, this practice which brings on many diseases, may afford present relief, but its consequences are injurious, producing dropsy, debility, and nervous diseases; tear down the best house, and who can build it with the same materials and make as good a house of it. The skin, bowels, kidneys, stomach, and lungs, are agents through which the *Medical Power of Nature* acts in carrying off disease or waste particles of matter; or morbid humours of the system, and to paralize their energies, is to produce death in the midst of life—rather assist *Nature* in her efforts to expel disease from the system. *Vegetable Medicine* contains *nutrition* (while minerals and salts do not) and is designed by the Creator to cure every form of disease, to which mankind are subject—when perspiration is obstructed give *Diaphoratic's*, when the stomach does not perform its office give *Emetic's*,

when the kidneys are obstructed give *Diuretic's*, when the Bowels are inactive give *Laxatives:* the *Vegetable Kingdcm* has a remedy at hand at all times.

A Few Directions for Gathering and Preparing Medicines.

To Measure Medicine instead of Weighing.—A drachm of any substance that is near the weight of water, will fill a common tea-spoon level full, four tea-spoonfuls make a table-spoonful, or one-half of an ounce, two table-spoonfuls an ounce, and so on. On the same principle, one-third of a tea-spoonful will be one scruple, or twenty grains in weight.

To make a solution of *Herbs* break, cut, or bruise them,—then put them in a tea-pot, pitcher, bowl or tea-cup, and pour on boiling water, and when the tea is cool enough it is fit for use. For *Syrrups* boil the articles and strain off the tea adding Sugar, &c.

Roots should be dried and powdered, and then hot water poured on, it will extract their virtues immediately. But when used *green* briuse only, and apply hot water. *Roots*, should be gathered in the fall when the juice returns to the roo., after the top has done growing. *Herbs*, should be gathered when in blossom, or when they have attained their full growth—and when gathered, should be hung up to dry, to avoid *must* and *mildew;* do not throw them in a heap,—take as much pains to dry a little Medicine for family use, as you do to make sweet hay. In making *Pills*, boil the ingredients down to Syrrup, strain off and boil down as thick as

Tar; (don't let it burn)—and to roll into Pills, thicken with flour, ginger, &c.

Anatomy and Physiology.

The brevity of this work will only admit of a few remarks:—Many have written largely of late on *Physiology*; in fact it forms a branch of study in Schools and Academies, at the present day—numerous works may be easily obtained. And if the

"Proper study of mankind is man,"

man should study his own *Physical* nature, especially so far as the prevention and cure of disease is concerned!

The parts of the Human Body are composed of *solids* and *fluids*. The Bones, Cartilages, Ligaments, Muscles, Tendons, Membranes, Nerves, Arteries, Veins, Hair, Nails and Ducts, are the *solid* parts of the body. The Blood, Bile, Milk, Lympha, &c., are the *fluid* parts.

The bones are the proper work of the human system. They give form and strength to the body, and keep it from sinking under its own weight. They number 248. Small and unimportant bones, found about the joints of the Thumb and Great Toe, Eight in number, are called *sesamoid bones*. The bones are composed of Animal earth and gluten; and not only support the body but defend its *viscera:* the bones are adapted to the situation they occupy. Hence some are *hollow* and filled with marrow; others solid throughout; others *large, round, flat, plain, convex or concave:* so also the joints, some are *hinge joints;* others are *swivel*, and some partake of both the hinge and swivel motion. To the bones are attached *muscles*. This system con-

stitutes the fleshy part of the human body. They have various forms; some long and round, some plain and circular, some spiral, and some have straight fibres; some few are double, and some are even treble; they are designed to serve as the organs of *motion:* they are inserted into the different bones of the body. And as the muscles contract or distend, so are the movements of the human body—they number between four and five hundred—one hundred of which every time we breathe are employed: "breathing with ease," is a "blessing of every moment." A man in *Asthma* knows how to estimate it. There are two great systems of blood vessels called, *Veins* and *Arteries.* The veins carry the blood to the heart, and the arteries convey it from the heart, to supply the various parts of the system. The blood in the veins is black and unfit for use in nourishing the body, until it enters the vessels of the lungs, and comes in contact with the air which we inhale by respiration, the oxigen portion of which is converted into arterial blood, when it becomes red and is then conveyed by the arteries to support and nourish the body. Hence there is a circle described in its current. The *heart* being the great machine, by which the circulation is kept up. The heart is a hollow muscular organ: it is double—having two *Auricles,* and two *Ventricles.* The *Auricles* receive the blood from the veins, and the *Ventricles* send out the blood to the arteries. When the heart contracts, the blood is propelled from the right ventricle into the lungs, through the pulmonary arteries, which like all the other arteries, are furnished with valves that play easily forward, but admit not the blood to return toward the heart. The blood after circulating through the lungs, and

having there been revivified by coming in contact with the air, and imbibing a portion of its Oxygen, returns into the left auricle of the heart, by the pulmonary veins. At the same instant the left ventricle drives the blood into the aorta—a large artery which sends off branches to supply the head and arms. Another large branch of the aorta descends along the inside of the back bone, and detaches numerous ramifications to nourish the bowels and inferior extremities. After serving the most remote extremities of the body, the arteries are converted into veins which in their return to the heart, gradually unite into larger branches, until the whole terminate into one great trunk called the *vena cava*, which discharges itself into the *right auricle* of the heart, and completes the circulation. Each ventricle of the heart is reckoned to contain about an ounce, or two (table-spoonfuls) of blood. The heart contracts 4000 times every hour. And there passes through it 250 pounds of blood every hour. If the mass of blood in a human body be reckoned at an average of 25 pounds, it will follow that the whole mass of blood passes through the heart, veins and arteries, 14 times in an hour, or about once every four minutes. The healthy action of the lungs depends on the action of healthy air which we inhale, giving character to the life-blood of the human system. The *liver* and *stomach* are organs of immediate importance to health and life. If they are not healthy, digestion will be retarded, the system not receiving its nourishment. They both act in concert as appears by the process of digestion. *Dr. Beamont's* experiments on the stomach of *St. Martin*, (a young man whose perforated stomach by the accidental discharge of a

Musket) gave him an opportunity to determine with accuracy, the length of time employed by the *Gastric Juice* in converting into chyme, the various articles of diet. The food after being masticated by the teeth, and moistened by the saliva, is received into the stomach, where it is still further diluted by the *Gastric Juice*, which has the power of disolving Animal substances. From this organ or sack, it passes by an orifice into the second stomach or *Duodenum*. Here the functions of the liver are made necessary. The liver is upon the right side, the largest gland in the human body—and its office is to secrete bile. The gall-bladder is seated in the hollow side of the liver, and by means of a duct it communicates with the second stomach. The *pancreas*, or sweet-bread, which lies behind the stomach secretes a fluid of a milky colour. Its duct forms a *Junction* with the gall duct, from the liver in the second stomach or *Duodenum* where, mixing their juices with the *chyle* conveyed from the stomach, they act as natural *Physic;* to keep up a healthy action of the intestines, which carry off the crude portions of our food,—portions unfit to nourish the system—while small vessels, called *lacteals*, take up the nutritious portion, and convey it to the *mesenteric gland;* from which it is received by a duct into the blood, and made to supply the wastes of nature,—while other portions of our food not conveyed to the blood, as just stated, pass off by insensible perspiration, and the action of the kidneys. The glands of the skin which cover our bodies, are perforated by thousands of millions of pores through which, more than half of what we eat and drink, passes off by sensible and insensible perspiration. The obstruction of these produces the most serious

consequences. Hence Rheumatisms, Fevers, and other inflamatory diseases, often follow what are called *colds*, which are caused by a partial obstruction of these pores; for when they are completely obstructed, the vital functions become clogged, and impeded in their movements—-and death must ensue if the *Medical Power of Nature* does not overcome the difficulty; and it must be assisted in order to accomplish its object. Hence the saying of a wise man, "a little cold is a little death; and a little more fits us for the damps of the grave, and is death itself." "That power bears rule," says *Dr. Thompson* "when a man is dead, viz., *cold* which killed him." Hence a due balance or temperature of the elements, of which we are composed constitutes health. And whenever there is confusion or want of healthy action, *friction* is necessary, by simple remedial agents selected from the Vegetable World, and prepared by the infinite wisdom of God for this purpose.

"The simple herbs beneath our feet,
Well used; relieve our pains complete."

Electricity.

It has been said that a current of *Electricity* passing around the Globe causes its motion; under the direction of the *Almighty* Sovereign of the Universe! And that the head of every man is a *Galvanic Battery*, and the circle described in its action is the circulation of the blood passing to the extremities and returning again 14 times every hour, and the *nervous fluid* under the controul of the *will* moves every finge. nuscle, and fiber. Hence when Electricity is applied to the body, it acts as a *counter irritant* over which the *will* has no

control—although at the same time the *fluid* in passing through the system, acts in harmony with the circulating medium,—if the above be true, Electricity must be useful when applied as an *Alterative*, particularly in glandular swellings, and. Nervous weakness. I have proved it to be an active agent, in many cases of this kind—while in some others it appeared to have little or no effect. I think its application should be followed with bathing the parts in Camphor, Liniment, Salt and Water, &c. The "*Medical Faculty*" appear of late to be waking up on this subject, and have reported many instances of its value in assisting to remove obstructions from the system. If at any time by *cold* or *obstructions*, there is a want of healthy action in the *vital fluid* which forms a part of every man—the *electric fluid* may be employed with safety to assist nature in her opperations.

A Few Diseases Named, with their Native and Indian Remedies.

In entering upon this part of my work, I shall borrow some from *Dr. Beach* of New York, and notice some *Indian Remedies* from *Dr. Williams* "*Last Legacy*," however, the majority is from my own practice and experience. Dr. Beach of New York perhaps has few equals, or any superiours in Europe or America in describing the systems of disease and their appropriate remedies. He condemns much of the "*Old School Practice*," and although a profound Scholar, has adopted a *Botanic Practice* wholly, in treating all kinds of disease—the number of such Physicians are increasing. The following truth I believe in Medical Philosophy cannot be controverted, "*That it is impossible for any* AGENT

that is really a MEDICINE, *to be at the same time a* POISON, *and that no* AGENT *that is essentially a* POISON, *can become a* MEDICINE *!*" I reject the following Vegetables as Medicine taken internally, although some of them are used externally, [Henbane, Nightshade, Cicuta, Ivy, Wild Parsnip, White Sicily, Foxglove, Vegetable Five Finger, Poke and Scoke.] But should any of the above be taken accidentally, a dose of *bitter herbs or bark*, will counteract their effects immediately! Any man who calls himself a "*Root Doctor*," "*Thompsonian*," "*Indian Doctor*," or "*Botanic Doctor*," and at the same time mixes *minerals*, and *salts*, with *roots* and *herbs*, calling the herteorgeneous mass, Vegetable Medicine!—is a "quack" in the superlative degree!! Or "bleed, blister, physic, and starve," his patients, has yet to learn the systems of disease, and proper application of Medicine! The following cardinal rules, in the practice of Medicine should be committed to memory.

1st. As far as practicable to ascertain the disease.

2nd. What indications or intentions to fulfill in treating it.

3rd. The best Agents or means to accomplish this object.

4th. To administer Medicine at the right time, or when it is really required.

5th. Give as little Medicine as possible to answer the purpose.

6th. Give the most simple kinds of compounds.

7th. To know when to omit the administration of Medicine, and to rely on the resources of NATURE, with diet, bathing, regimen and nursing.

"In these rules consist the principle art of healing the sick. The Physician who assists our nature

to throw off disease, and recover health, with the least use of Medicine, is the best friend to our constitution, and evinces the most true science and skill, and deserves our highest respect and warmest gratitude. The greater ability, Age and Experience of Physicians, the less Medicine they give; the longer they practice, the more they depend on the *Restorative Efforts of Nature*, and the less confidence they have in the specifics of art, therefore do not think less favourably of your Physician, (if you employ one) because he prescribes little."

What are called Febrile diseases, are FEVERS in general, which are produced by a disturbed operation of heat—"cold and obstructions." I shall notice some fevers most prevalent in this country.

Intermittent, or (Chill Fever.)

This may be divided into three stages, 1st the cold, 2nd the hot, 3rd the sweating stage. Chill arises from stagnant water or marshy ground, when acted upon by heat called *marsh miasma*—putrefaction from old logs lying in the water, decayed Vegetables, &c. First cleanse the stomach and bowels, and purifiy the blood, and then the cause is removed; and the affect will cease.

Billious Emetic.

Fill a quart pitcher or bowl with *Vervine* and *Boneset*, equal parts, pour on one quart of boiling water—when cool enough—mix half a tea-spoonful of ginger with half a tea-cupful of the the above tea; one hour, or half hour, before the chill commences, then use the rest of the tea till it opperates as an Emetic—at the same time bathe the feet in hot Bran water or weak lye; when the Emetic has done

opperating, or during its opperations, drink warm bran tea or milk poridge. If this course does not regulate the bowels, after the sweating stage is over, take four Billious Pills with *camomile* or *catnip tea*—repeat the above course every time the chill returns; and the first, second, or third course never fails, to remove the cause, (however in some places, people live exposed to the fever while they are getting rid of it.) To cleanse the blood take Spice Bush, White Ash Bark, Dogwood Bark, Prickley Ash Bark, Tag Alder Bark, or either two of them, put in a pitcher, adding a few cloves or ginger—drink cool three or four times a day.—FEVER AND AGUE may be treated on the same principle: let it be remembered, that to avoid as much as possible the causes which has induced it is important in this and every other disease.

An Indian Cure for Ague.

Put three Hen's eggs into a pint of Vinegar, and when the shell is dissolved by the Vinegar, the eggs are to be taken out whole, and half a gill of this Vinegar is a dose three times a day.

Billious Fever, or (Remittent.)]

In remittent there is a remission or abatement, but the Fever does not go entirely off as intermittent; this is the difference between the two. It commences with shivering, pain in the head, back, giddiness, sickness at the stomach, which is followed by heat; cleanse the stomach and bowels the same as in *Chill Fever*, and give tonics when the Fever is off to brace up the system.

Scarlet Fever.

This Fever takes its name from the scarlet which appears on the skin of the whole body, attended with heat, dryness and itching, after two, three, or four days, according to the violence of the disease; the skin peels off, and branny scales appear over the body. *Scarlet Fever* acts in three degrees; first, Putrid Sore Throat; second, Scarlet Rash; third, Malignant Fever, according to the constitution of the patient; in either case give *Smart Weed* tea and *Lobelia* enough to cause vomiting—and when the Fever is on wash the body with milk and water twice a day; spread a strengthning plaster the size of a dollar, and put it on the lump swelled, each side of the neck; and take a strip of red flannel, moistened with a mixture of lard and camphor gum, and put it round the neck—letting it remain during the Fever for a gargle; use Sumach Bark or berries; also Hemlock, Allumroot, Sage, Allum and Honey; as the disease attacks the throat and mouth; never give Physic or bleed—more than one-third who have been bled and took Physic in the worst stage of the disease have died, many have lost their lives by exposure to cold after they thought themselves out of danger—after the skin peels off, great care is necessary,—keep within doors awhile, or cold and death may follow. In many hundred cases of Scarlet Fever treated in the above way, not one in a hundred have lost their lives. As this Fever is contagious in many instances, going through families and neighbourhoods, (although no person will have it more than once,) care and cleanliness is nesessary where

it prevails. And the same may be said of

Bloody Flux, or (Dysentery.)

This is an inflamation of the Alimentary Canal. It occurs frequently in August and September after dry dusty roads. I think by inhaling and swallowing dust vitiates the secretions of the liver, when the bowels become corroded with morbid humours, and the capillary vessels form a leak—when the coating of the bowels passes off in bloody stools. Give a strong tea of *Archangel*, *Smartweed*, and *Red Rhaspberry* leaves, one tea-cupful every hour until the disease is checked. Slippery Elm and Allum Root is good used in Injection if necessary—steeped in bran tea. The best diet in Dysentery is Rice, scalded in water and boiled in milk. An eminent cure for Dysentery—take good Vinegar and as much salt as it will dissolve; add a table-spoonful of it to four of hot water, and let it be taken by spoonfuls as fast and hot as can be swallowed. This do once in two hours till it operates as Physic—it is said to be a sovereign remedy in Dysentery.

ANOTHER.—Take Logwood one ounce, boil in one quart of milk and water, sweeten it with loaf sugar. Dose, one tea-cupful once an hour.

An Indian Remedy.

Take three pints of pine bark, three pints of water, let it simmer down to a quart, strain off and add one pint West India molasses, the whole for a grown person; half for a child. This remedy is simple and effectual.

Measles.

This disease is often attended with bad consequences, when not properly treated: no pains should be spared to drive the putrefaction out of the system, and keep it out, till the disease disappears. Many persons have died with consumption years after they had the measels. Dr. Thompson says, "when the symptoms make their appearance give a dose of composition powder, or No. 2,—to bring them out, then No. 3 for canker, with a little of No. 2 in it to overpower the cold, and when the second dose is given add No. 1 to clear the stomach and promote perspiration—the disorder will then show itself on the outside—if necessary give an injection," composed of *Smartweed* and Slippery Elm boiled in bran water. *Small Pox*, *Chicken Pox*, treated in the same way.

Whooping Cough.

A Syrrup made of four ounces of Elecampane-root, one ounce of Wake Robin—add half a pint of Honey, stew ten minutes, strain, dose, one tea-spoonful, night and morning; or when a fit of the cough occurs. Many have died of consumption from the effects of Whooping Cough; avoid taking cold, use at bed-time half a tea-cupful of *Smartweed Tea*, with a little ginger in it, to guard the lungs against inflamation.

Inflamation of the Lungs.

This is a dangerous disease: when the mucous which lines the lungs is inflamed it is called inflamation of the lungs. It attacks all classes—it comes with pain in the chest or side, great difficuliy

in breathing; with a cough, thirst, &c. It sometimes produces suffocation between the third and seventh days; prompt means should be used to allay the inflamation. If possible produce free perspiration, by giving "Composition Powder," one tea-spoonful, or cayenne in Smartweed tea—use freely Catnip tea, mix one tea-spoonful of Pleurisy Root in every tea-cupful of the above teas. A *Mustard Plaster* should be used on the chest until the skin becomes reddened—use the *Cough Powders* night and morning if necessary.—Blood Root and Balm of Gilead buds, equal parts are good in all Bronchial affections in a Syrrup, sweetened with Honey—dose, one table-spoonful three times a day—bathe the feet and chest with *Salt* and *Vinegar*, as hot as it can be borne; don't have too many clothes on the patient, or too much outward heat. But keep up the inward by giving *Sweating Medicines* until the disease is conquered, and you will *save* the life and constitution, in every instance. *Inflamation of the Brain, Bronchitis, &c.*, should be treated in the same way. PLEURISY may be treated in the same way; with the exception of *steaming* and *emetic*, (*Lobelia.*)—*See Thompson's "Course of Medicine."*

Inflamation of the Bowels.

The inflamation of the intestines is occasioned by long continued costiveness—it is characterized by fever, pains about navel, vomiting, &c.,—it is often caused by cold drink swallowed when the body is overheated by exercise. The most cooling treatment should be followed—bathe the feet in lye water. A table-spoonful of *Castor Oil* should be taken every two hours until it operates. Take

Tanzy, Wormwood, Hoarhound, and Hops; simmer in Vinegar and water—enclose them in flannel; and apply them to the bowels and change often; give an injection composed of *Smartweed* and *Wormwood*, boiled in milk and water twice in six hours; repeat if necessary. *Mustard Plaster*, take mustard and cayenne or red pepper equal parts, Indian meal one table-spoonful—and Vinegar to moisten it—apply this plaster to the bowels until the skin reddens, and repeat it till the pain is removed. *Inflamation* of the *liver* may be treated in the same way, apply the plaster to the side where the pain is. Give Spearmint tea to prevent vomiting—Smartweed, Camomile and Burnet, to promote perspiration—bathe the feet in hot lye, or bran water. *Inflamation* of the *kidneys*; the first object is to reduce the inflamation by perspiration—apply Hops and Wormwood, simmered in Vinegar, to the parts, and a strengthning plaster to the small of the back—use *Diuretic* Medicine. Take Canada Thistle Roots or top clivers; Winter Green, Gravel Root, Rushes, or two of them; make a strong tea—and give one-half tea-spoonful of ginger stirred in a cup of this tea once an hour until relief is obtained.

An Indian Remedy for Inflamation in the Head.

Take Red Beet Roots, pound them fine, press out some of the juice, let the patient snuff some up into the head, make a poultice of the beets, and lay it on the head. For the fever make a strong tea of spice bush, and head betony,—Physic with Mandrake two parts, Blood Root one part—make them into powder, roll into Pills with flour and ginger. Dose, from four to six—keep strong drafts to the feet.

Dropsy.

In this class of diseases there is a morbid collection of watery fluid, in the cavities of the body; in the *Head, Abdomen, Chest*, and other parts,—it is all one thing in identity. The best means, is to lessen the inflamation, and equalize the circulation by *steaming* and *Diuretics*, "carrying through a course of Medicine," recommended by *Dr. Thompson*, is excellent. After this boil *Canada Thistle* Roots and tops, sweeten with Honey; drink freely —also take Gravel Root, Juniper Berries, Prickly Ash, Bitter Root, Horse Radish,—an ounce of each, bruise them seperate and put all into one gallon of *Cider;* drink a wine glass, four times a day. It will act on the kidneys carrying off the obstruction—*use* a stimulating diet.

Gravel in the Bladder or Kidneys.

This complaint should be treated similarly to *Dropsy*—in the Diuretic preparations, in addition to those Diuretic Medicines named for Dropsy, I shall give some more for *Gravel*, viz:—Dwarf Elder, Clivers, Jacobs Ladder, Red Onions, Pumpkin Seeds,—a strong tea of any of the above, or two or three of them may be steeped at a time. Sweet Fern and Blue Flag Root, equal parts is good—also Whortleberry,—*Spearmint* is an excellent remedy; let the feet be bathed and strong tea of *Spearmint*, be given at any time. A gill of Red Onion juice in a pint of horsemint tea is said to disolve the stone, and carry off gravel. *Enlargment of the prostrate gland*, may be treated similarly to gravel or dropsy.

Liver Complaint,

Is known by a pain in the right side below the ribs, difficulty in lying on the right side, pale or yellow colour of the skin and eyes; pain in the shoulder, a dry cough, &c. Take a Billious Emetic—then a tea of Dandelion Roots and sweet Elder blows, or bark equal parts; drink freely—put a Mustard Plaster on the side till the skin reddens, after apply a strengthning plaster, wear it constantly till the pain is gone—make a strong tea of Wild Cucumber (heal all) or Liverwort, and Wild Lettuce; equal parts—excellent.

Dyspepsia,

May be treated similarly to liver complaint,—use *Brown Bread*, or unbolted wheat meal, avoid Condiments, Saleratus, Spirituous Liquors,—also, the violent exercise of the passion.

Worms.

The presence of worms may be known by a knawing sensation about the stomach and grinding the teeth, sickness in the morning, itching, slimy stools:—they are frequently prevented by a simple bitter; Poplar, White Ash, Wormwood, Wormseed, Witch Hazel Bark—steeped and drank freely; Roots of Wild Sunflower, Hogthistle Roots grown in summer follows—let children eat them; they are very good; red and White Cedar buds *in* tea.

Tape Worm.

Take a half tea-spoonful *balsom of fir*—with a strong tea of *sweet fern* three times a week—with two *butternut pills*, every night,—excellent.

Quinsy.

This disease, affects the tonsil glands of the throat spreading sometimes to the palate, tounge and nose. It runs its course in six or eight days; give a Lobelia Emetic in the commencement. Take *Cardus* (bitter thistle) and Smartweed; boil in milk and water, and let the patient inhale the fumes, through the spout of a tea-pot—bathe the throat with the same; it will often scatter this disease without suppuration. Also swallow the tea as hot as possible.

Rheumatism.

It affects the muscles and tendons, causing the joints to swell, it is *Acute* and *Chronic*—in the Acute stage when violent it is attended with fever; one pint of whiskey, four ounces of ground mustard well mixed—rub on the affected. Take half a pint of Horse Radish Root, half a pint of Mustard Seed, half a table-spoonful of Cayenne; put all in one quart of brandy. Dose, one table-spoonful four times a day in Hemlock tea—for *Chronic* Rheumatism.

Neuralgia, or (Tic Douloureux.)

This is severe attacks of pain affecting the nerves of the face. It commences with acute pains, shooting from certain parts about the forehead; as though a sharp instrument was piercing the flesh: it is from debility of the whole nervous system—cleanse the stomach and bowels; bathe the parts affected with Rheumatic drops, Camphor: let the patient snuff Salt and Vinegar up the nose; bathe the eyes with the same, take restorative bitters, wear a plaster of Terpentine on the soles of the feet.

Wens, (Tumours.)

Wens may be removed often by cording with a silk thread and drawing it tighter every day, or burn linen rags on pewter or the steel of an axe, gather the oil, and apply it to the Tumour—take Bitter Sweet Ointment, and Poke Root juice. Wash also with *Celandine* juice—they remove wens, warts, and swellings generally.

Deafness.

This often arises from cold and relaxation of the tympanum, accumulation of thick wax. Burn hickory on the fire and catch the *sap* at the end of the sticks of wood; watchmakers oil, and spirits of Turpentine mixed—drop in the ear. Nerve ointment has cured many.

Spleen, (Disease of)

Inflamation happens sometimes from cold and over heating the system; then cooling suddenly; there is pain in the left side, often under the short ribs, and spasms, passing upward deranging the action of the stomach; bathe the feet frequently—apply a mustard plaster, use Anti-dyspeptic Pills—make a tea of Comfrey Root and Nettle Root, equal parts, use frequently.

Diarrhea, or (Summer Cmplaint.)

This disease is brought on by eating unripe fruits, suppression of perspiration, worms, and acrid and unhealthy secretion of bile; simple *diarrhea* becomes *chronic* sometimes, and often ends with consumption: mild emetics and laxatives, should be given, followed by a syrrup of Blackberry Root.

Injections are excellent, eat thickened milk, adding a little ginger—for a common bowel complaint. Red Rhaspberry leaves boiled in milk and water, will cure—the best agent is composed of *Anti-diarrhea Root*, and Allum Root, Archangel, and Smartweed,—bruise and make a tea, drink freely every hour; it never fails—either of the above articles have often removed the disease in a few hours.

Colic.

Colic is known by great pain and griping in the bowels, the person is costive—with retching and vomiting sometimes; *Fletulent*, *Hysteric*, *Bilious* and *Painters*, *Colic*—all proceed from obstructions. Give a Bilious Emetic with strong Peppermint tea; or poplar tea. Give an Injection made by boiling *Smartweed* and *Bran* together, strain and add two spoonfuls strong *Tobacco* juice for a grown person; a child [illegible] have removed the Colic in this way; when they were given up to die by other doctors.

Cough, Consumption.

A cold produces cough, then comes pain in the side, difficulty of breathing; and then consumption. It sets on the lungs, kidneys, chest—use for the cough, *Life Everlasting*, (Indian posy) and *Boneset Flowers*, boiled in molasses. Dose, one spoonful night and morning; when the lungs become ulcerated, no Medicine will heal them. Hence attend to the cough in its first stage: heating Medicines are good for colds, (*Thompson* recommends a "course of Medicine,") and repeat till the cause is removed—apply a plaster to the side where the pain is. Take *Crawley Root*, two parts, skunk

cabbage one part, wild turnip one part; powder, and mix in molasses—this will often cure a cough, when nothing else will. After mixing up a tea-cupful, take a tea-sponful three or four times a day.

Asthmatic Cough, and Phthisic in Old or Young.

Take a tea-spoonful of red pepper (or one pod broken,) one tea-spoonful of ginger, one tea-spoonful of Wild Turnip, and Lobelia enough to fill a pint dish; simmer the whole one hour, (don't boil it,) strain and add one ounce of loaf sugar—when cool add one gill of whiskey; bottle close and keep it in a cool place. Dose, for an infant three drops diluted with breast milk,—half a tea-spoonful may be given to an older child with safety; one tea-spoonful to a grown person at any time. Best remedy *for Asthma* and *Croup;* invaluable.

Cutaneous Eruptions.

Take the bark of dwarf Maple, swamp Sassafras (or Red Willow) and Witch Hazle, equal parts, steep and drink freely; after a few days, boil the above compound strong and wash the parts affected, night and morning. *Dwarf Maple* grows in ravines by spring brooks resembling high Canberry,—excellent.

Sore Eyes, Inflamation, &c.

For sore eyes, make a tea of wild Turnip and Lobelia, bathe the eyes at bedtime; open and shut them in cold soft water in the morning. For *Inflamation*, when the eyes are swollen and bloodshot, take Wormwood and Peppermint, boil them

together, shield the head with a cloth and put hot stones or brick with the tongs in the kettle, till you have steamed your face well; drink hot Hemlock, or Peppermint tea, put the herbs from the kettle warm in your eyes, go to bed, and be well in the morning,—for weak or sore eyes,—dissolve a piece of burnt Copperas, as large as a bean in an ounce of soft water, wash your eyes at bedtime,—excellent.

A Cure for Cataract, or Inveterate Sore Eyes.

Boil an egg hard, take out the yolk and fill the cavity with a powder of Allum and loaf sugar, equal parts; mix and stir this in the white of the egg, until the powder is dissolved, squeeze out the liquid; and bathe the eyes at bedtime. Then wash them with salt and water in the morning,—extraordinary.

Itch.

This arises from insects (animalcula) which insinuate themselves beneath the skin, and produce festers; Sulphur is a poison to these insects. Take hogs lard, four parts and melt it; add to the melted lard one part of Sulphur. Apply this ointment five or six nights and it will cure, drink *yellow dock root tea* for the blood. Yellow dock ointment is a cure also.

Asthma.

Where Phthisic or Asthma is not hereditary it can be cured at all times by cleansing the lungs with the following;—Take one gill of Lobelia, one tea-spoonful of ginger, and put in a pint of Vinegar. Dose for a child, one tea-spoonful, sweetened in Smartweed tea. Adult half a wine glass;

or one table-spoonful: this preparation is good for CROUP in children, or when convulsions, or inward *fits* occur. Give a child one tea-spoonful, and repeat if necessary.

A Few Diseases of Womon and Children, Costiveness.

Women of sendentary habits are often troubled with *costiveness*, to prevent which—use a little *Rhubarb* occasionally; either chew it or take a small portion in hot water sweetened; accustom yourself to use Indian Meal, or unbolted Wheat Meal made into bread; this course has cured thousands.

Piles.

Piles are often produced by taking Physic, *aloes* often produces them—they are internal, or *blind*, external, or *bleeding* piles: sometimes an acrid secretion from the liver produces costiveness, and brings on this complaint—use means to prevent costiveness and blind piles will die a natural death; for outward piles use the following.—a wash made of garden or Wild *Celantine*, *Slippery Elm Bark*, boiled in milk, is good. Take *gold thread* tea, a wine glass night and morning.

Ointment.—Take half an ounce of cut tobacco, place it on a pan over the fire and burn it to ashes, (don't let it blaze) then mix it with lard, one tea-cupful, one table-spoonful of Turpentine, melt together,—anoint three or four times a day,—excellent.

Periods, or Monthly Courses.

The peculiar office of nature begins at different ages in different persons; dependant on climate

and education,—it commences at thirteen, fourteen, fifteen, sixteen and seventeen years; without injury to female health. At its commencement, in young ladies, it is at times irregular; from exposure to cold, confinement within doors, too much at school; *general debility, &c.* When the *Monthly Periods* are established, any irregularity is attended with loss of health and beauty—and the sooner relieved the better; when they occur too often, check their action by giving a strong tea made of *Bath Root*, one part, *Alum Root*, four parts, *Comfrey Root*, two parts, three nights in the week. The same tea is a powerful remedy for FLOODING. When the monthly courses do not return, or for *obstructed menstruation*: bathe in hot water at bedtime the feet, taking from two to four "*Female Regulating Pills*"—with a tea made of two or three of the following articles:—Smartweed, Burnet, Mugwart, Tansy, Rue, Thyme, Featherfew, Southerwood, Savin, Blue Vervine and Indian Hemp Root: continue this course one week before the time you should be unwell; and it never fails to assist *nature*, in her operations.

End of the Monthly Periods.

Dr. S. S Fitch, who has written "six lectures on uses of the lungs" says "the natural close of the monthly turns is often marked by some disturbance of female health, but by care, keeping the bowels free, and preserving the general health, it will usually pass away; and a long calm succeed in the female health," and a cheerful and happy old age follow.

Fluor Albus, or Whites.

Take one ounce of white *Cohush Root*, one dose

of Comfrey Root, a handful of *Dogwood Blows*, a handful of *Boneset Blows*,—boil them in milk and water five minutes. Dose, one tea-cupful night and morning,—or take the above articles and put them in one quart of *gin* or *cider*. Dose, half a wine glass at bedtime. "For falling down of the bowels," boil *Nettles* and *Hemlock*, put them in a mug and sit over the steam,—drink freely of the same tea.

Nursing Children.

If the mother or nurse has plenty of milk, the child will need little or no food for the third or fourth month; if the mother has no milk, prepare a sucking bottle rather than trust them to a wet nurse, they sometimes communicate disease to children. For sore mouth in children—make a wash of Gold Thread, Sage and Honey. For sore nipples, apply a plaster of balsam fir, when the child has done sucking. For *Ague* or *Broken Breast*, or to prevent the swelling and suppuration of the breast, the following poultice is excellent: Take Wormwood, Camomile, Smartweed, bruise them, add shaving soap and chamberlege; simmer a few minutes, and apply warm to the breast; keep it on six hours; keep it moist with chamberley—let the woman drink catnip tea, or camomile—an invaluable remedy. When children are troubled with colic, pains in the bowels; give a tea made of Sweet Flag Root, it is better than *Perogoric*, or *Godfrey's Cordial;* these contain opium and are injurious.

Cancer.

It is easier to prevent cancers than to cure them; when there is symptoms of cancer in the breast, or elsewhere, drink freely of yellow Dock, and Beach

Drops, made into a tea—and apply the cancer plaster—Slippery Elm, &c.

For Children who Wet the Bed.

Take gold thread, one handful, Red Beech Bark off the green tree, cut fine two quarts, boil them in milk and water, let the child drink freely of this two hours before going to bed; continue one week.

Corns.

Apply a plaster of Turpentine after soaking and paring them; the best thing known.

For Scalds, Burns, Cuts, Bruises,

The "sheet anchor" for all the above is *cold water.* For a scald, instantly wrap the part in several thicknesses of cloth and keep it moist in cold water for one hour, it will extract the fire—and frost where limbs are frozen. For cuts, raise the cut above the head, (if it bleeds) wash it clean and apply small strips of cloth, with sticking salve; to keep the wound closed, and it will heal immediately without suppuration; rub bruises with salt and water; apply a strengthening plaster; give the patient if necessary ginger and catnip tea.

Bite of a Mad Dog. (Hydrophobia.)

Apply salt to the wound immediately—steep *Lobelia* and *Hoarhound*, in Vinegar equal parts; wash the bite thrice or four times a day with this; every morning take one tea-spoonful of the above wash, in a tea-cupful of *Skull Cap tea;* continue this course one week, and finish with a dose of Butternut, or Mandrake physic,—(I have cured several

who were bitten in this way. *Skull Cap* grows in swales and marshes; it has several branches, with thick rows of small blue blossoms—succeeded by caps the size of a small shot—it grows from six to eight inches high—resembling Horse-mint.

King's Evil.

Take a good handful of *Spotted Plantain*, or "Kings Evil Weed," Sarsaparilla Root, equal parts, bruise and apply hot water when cool—drink freely, make a poultice of spotted plantain; keep on the tumor till it superates and heals; which will be in a short time.

White Swelling, Fever Sores.

Make a strong tea of *Indian Rhubarb*, (or water-dock) and princes pine, the roots, to cleanse the blood; then apply to a *Fever Sore*, a poultice made of Carrot and Slippery Elm, equal parts, wash the sore every day with Smartweed—then apply salve to heal. For *White Swelling*—give cayenne or composition—and hot herb teas with an Emetic of Lobelia every other day, sweat the part with Hemlock and Smartweed; to allay the inflamation rub the parts with flannel dipped in Vinegar, in which salt and pepper has been boiled; finally apply plasters to strengthen the parts, and avoid exposure, cold, &c.

Rickets.

This disease is peculiar in children, they often become deformed: bathe with salt and water three times a week in the morning, use also Rheumatic

drops—give children air and exercise. A Syrup of *Comfrey* and *Solomon's Seal*, is excellent.

Scald Head.

This disease is an inflamation of the skin of the head—drink *Yellow Dock Root* and *Princes Pine* to cleanse the blood; simmer Elder with cream for an ointment, apply daily. This is excellent.

A Variety of Vegetable Medicine, Classified with Pills, Powders, Tinctures and Solutions.

Astringents.

Alum Root, Bayberry, Shumach, Sweet Fern, White Pond Lilly, Witch Hazel, Avens Root, Hemlock, Swamp Sassafras, Thimbleberry, Rhaspberry and Winter Brake. Good for canker contracting and healing; good in relax and cleansing applied to sores, &c.

Anti-septics.

Charcoal, Smartweed, Slippery Elm, Sassafras Leaves, Yeast of Strong Beer. Slippery Elm and Smartweed may be taken internally. Yeast and Charcoal is good for putrid ulcers.

Anti-spasmodics.

Unicorn Root, Comfrey, Lady's Slipper, Skunk Cabbage, Pleurisy Root, Wild Turnip. Unicorn

and Comfrey are a cure for palpitation of the heart —all designed to strengthen the nerves.

Cathartics.

Blood Root, Garden Rhubarb, Bitter Root, Black Alder, White Ash, Castor Oil, Mandrake, Butternut. These are designed to regulate the bowels.

Emetics.

Bitter Root, Blood Root, Lobelia, Mandrake, Vervine, Boneset, Blue Cohush. The *Cohush Root*; bruised, apply hot water and drink freely. (Indian Emetic) for Jaundice, Lobelia and Blood Root, purify the blood. Vervine and Boneset, cleanse the system of billious and morbid humcurs.

Aromatics.

Angelica, Camomile, Indian Posey, Master Root, Calamus, Prickley Ash, Berries, Sassafras, Colt's Foot. These will mix with other classes.—Colt's Foot, good snuff mixed with powdered Blood Root, equal parts.

Carminatives.

Angelica, Catnip, Waterwart, Vine Maple, White Wood, Calamus, Camomile, Smelage, Ginger, Pleurisy Root, White Cohush. This class of Medicine is to expel wind from the stomach and bowels, a tea of either may be used or chewed like tobacco; they strengthen the stomach.

Balsams, and Bathing.

Balsam Fir, Balm of Gilead, Balsam Tamarach, dissolved in brandy, good to bathe. Also Rheuma-

tic drops, Catnip, Smartweed, Salt and Vinegar, Cold Water, Oil Hemlock, Oil Cedar, Pearlash, Poke Root; sliced and boiled for tumours and swellings,—excellent.

Detergents.

Bittersweet, Burdock Root and Seed, Dandelion, Elecampane, Sarsaparilla, Swamp Sassafras, Wild Lettuce, Indian Rhubarb, Clove Root, Dwarf Elder, Sweet Elder, Princes Pine, Sumach, Tag Elder, Yellow Dock. Two or three articles of this class, should be made into a tea at one time; change once a week, they will cleanse the blood completely.

Diuretics.

Cuckold, Queen of the Meadow, Thimble Berry, Rushes, Wintergreen, Jacob's Ladder, Dwarf Elder, Juniper, Red Onions, Whortleberries, Pumpkin Seeds. All calculated to remove obstructions in the urinary passages; Dropsy and Gravel, (Queen of the Meadow is the most powerful) and should be used with Wintergreen; for pain in the bowels, some of these articles will afford immediate relief.

Draughts.

Burdock Leaves, Mullen Leaves, Onions, Poke Root and Leaves, Baswood Leaves, Walnut Leaves, Garlic Roots. Leaves should be wilted, and Roots roasted.

Emmenagogues.

Thyme, Rue, Tansy, Featherfew, Smartweed, Blue Vervine, Pleurisy Root, Indian Hemp Root, Southern Wood, &c. Either of these are good for

all *female obstructions*, but should generally be assisted, by bathing the feet, pills and powders.

Expectorants.

Blood Root, Lobelia, Bitter Root, Mandrake, Skunk Cabbage, Swamp Snake Root, Colt's Foot, Wild Turnip, Pleurisy Root. For a powerful Expectorant; compound Blood Root, one part, Lobelia one part, Mandrake two parts,—vary as occasion may require.

Ointments.

Bittersweet, Camomile, Spotted Plantain, White Elder, Yellow Dock, Carrot, Spikenard, Slippery Elm, Swamp Sassafras, Indian Rhubarb. Two or three may be put together; bruise and use.

Poultices.

Catnip, Flax Seed, Sorel, Smartweed, Wormwood, White Pond Lilly, Comfrey, Sassafras, White Pine:—roasted, wilted and applied blood warm.

Salve and Strengthening Plaster.

Hemlock Gum four parts; Mutton Tallow one pound; Bees Wax one pound; White Pine Turpentine one pound. Melt the whole together; strain and when blood warm, add half a pound Pulverized Comfrey; mix, stir till cold,--excellent.

Salve for Fever Sore, Extra.

One Beef's Gall; one pound Bees Wax; five ounces Nets Foot Oil; one pint West India Mo-

lasses. Simmer it half an hour (don't burn it) cool, fit for use.

Rheumatic Salve, Old Sores, &c.

Take *Beech Bark*, boil till the strength is extracted; strain, and boil down to the consistency of tar (don't burn it,) then to ten pounds of gum, add five pounds of Turpentine, five pounds of Rosin, half a pound of Bees Wax, melt the Rosin, Turpentine and Bees Wax together; then melt the Beech Gum; when melted, stir till thoroughly mixed—work the mess with the hands till cool, fit for use. This is not only a salve but a Rheumatic Plaster—extraordinary. Try it.

Strengthening Plaster.

Take Mullen and Burdock leaves, equal parts, Comfrey and Smartweed, equal parts, boil all together, strain and boil down as thick as tar (don't burn it,) then add three parts Turpentine and four parts Rosin, boil all together a few minutes—then pour the mass into a pail of cold water, work it with the hands like wax. Good for back, side, shoulder, &c.

Mustard Plaster.

Wet ground mustard with the white of an egg,—spread it on a cloth—and apply till the skin reddens—Extraordinary to ease pain, and inflamation.

Stimulants.

Boneset, Bayberry, Barberry, Red Cohush, Blue Vervine, Camomile, Columbo, Gold Thread, Golden Seal, Gensen, Vine Maple, Balmony

Black Popple, Dogwood, Black Cherry, Archangel, White Wood; remove obstructions, then two or three of the above articles are excellent.

Styptics.

Yarrow, Aveus Root, Alum Root, White and Red Beth Root, Winter Drake, Puff Ball, Pine Bitters—to stop bleeding; internal, or external; always raise the cut part above the head, if possible.

Sudorifics.

Ague Weed, Catnip, Ginger, Hemlock, Burnet, Peneroyal, Spice Bush, Mountainmint, Horsemint, Peppermint, Spearmint, Mayweed, Camomile, Summer Savory, Isop, White Vervine, Balm, Ginger, Smartweed; all good to open the pores and promote *perspiration*, for colds, obstructions; and while giving an Emetic.

Syrups.

Boneset, Vervine, Spikenard Root, (with the pith taken out,) Elecampane, Comfrey, Popple, Balm of Gilead Buds, Skunk Cabbage, Peach and Wild Cherry Pits, Vine Maple, for common *Syrups*, boil the articles two or three of them, strain off and add sugar and spirits enough to prevent souring.

Vermifuge.

Black Elder, Hops, Wormwood, Lungwort, (the moss on Oak or Maple) Peach Tree, Rue, Garlic, Walnut Ashes in Molasses, Cedar Apples or Buds, Sage, Wild Turnip, Mandrake, Sweet Fern. A tea of either of these articles is useful where worms exist.

Tinctures, Solutions.

Put four ounces Hemlock Gum, one ounce of Hemlock Oil into one quart of Brandy. Good to bathe in *Rheumatism.* Black Alder, Mandrake and Blood Root made fine, four ounces of each, one ounce of Cayenne, put all in one gallon of Whiskey. Bathe any painful part, and it will relieve. A tea-spoonful mixed in water taken three times a day is good for pain in the breast, colic, &c.

Anti-spasmodic Liniment.

Take No. 6 (Thompson's,) add to a half pint, half an ounce of Camphor Gum, one spoonful spirits of Turpentine, one spoonful of Hartshorn, shaken together; for *Cramps, Lockjaw*—bathe. It is a most safe and powerful *Liniment.*

For Gathering in the Ear.

Take common tea, one drop, hog's lard, one drop, mix and put in the ear, blood warm—three times a week,—then wash the whole head with salt and water; drink a tea of yellow Dock Root and Tag-alder, for the blood.

For Salt Rheum.

Take Water Dock Root, Scalions, and Swamp Sassafras, equal parts; boil down strong and add one pound of lard; simmer down to an ointment. Rub the parts affected three or four times a day.

Itch Ointment.

Take fine Sulpher, one ounce, Turpentine one ounce, lard half a pound, melt the lard and Turpen-

tine; then add the Sulpher, stir it till cold—apply it two or three times a day. It soon cures the complaint without changing the clothes.

Celandine Ointment for Piles.

Take wild or garden Celandine, bruise and cover with any kind of spirits, and simmer a while; then add fresh butter, and let the whole remain over the fire till the leaves are *crisped;* strain and add one tea-spoonful. Bees Wax for piles, and cutaneous eruptions,—Excellent.

Injections.

Injections should never be neglected, when necessary. A Syringe is the best instrument—mild, muscilage of Slippery Elm, Molasses, Soap Suds, Lobelia, Hemlock, Red Pepper, Smartweed and Tobacco; any of the above may be used in bran tea with safety.

Irritating Plaster.

Take one pound of tea, half a pound of Turpentine; Bees Wax, half a pound, melt, strain and boil a few minutes; then remove from the fire and stir in the following, as it cools, finely pulverised mixed and sifted, viz:—Poke Root, Mandrake, Blood Root and Wild Turnip, three ounces each—keep stirring till the whole mass is well mixed—spread on a piece of soft leather and place over the part affected; keep it on as long as you can bear it; then remove and put it on again in a day or two; when removed wash the parts with salt and water, or Comfrey, this plaster will bring out eruptions like the small pox,—and causes a discharge of

matter. It is superior to all other plasters for old ulcers, spinal diseases, pains in the side, &c.

Female Regulating Pills.

Take Beef's gall (boil in a kettle, and when dry it will powder,) one table-spoonful, Gensen Root one table-spoonful, Vervine Leaves do., Ginger do., Elder Flowers or Leaves do., Indian Hemp Root do., Rue do., Tansey do., wet the whole mass with strong Smartweed tea, work till thick enough, and then roll them in powder of Bitter Root and Cayenne Pepper—(powder all the above fine and sift before mixing.) Bathe the feet in hot water and take from three to six at bed-time. An invaluable remedy.

Billious Pills.

Take half a bushel of Butternut Bark peeled in May or June, bruise and boil down half, strain and afterwards evaporate to the consistence of thick Honey, (be careful not to burn it.) It may be dried in a warm oven until it will pill, roll the pills in powder of Blood Root and Bitter Root, equal parts—adding one spoonful of Ginger to the mass before making into pills. Dose, from two to five pills the size of a pea, at bed-time.

Emetic Pills.

Boil Boneset, Vervine and Smartweed, equal parts, strain and boil down as thick as tar, roll in Cayenne and Lobelia. Dose, from one to six, drink milk poridge or bran tea,—Excellent.

Mandrake Pills. (Anti-dyspeptic.)

Take powdered Mandrake Root, four parts, Gensen Root Powder, one part, Cayenne Pepper,

two parts, wet the mass with Smartweed tea and form into pills. Dose, from three to six at night, are sufficient to regulate the bowels—these pills are *Anti-dyspeptic*; good for jaundice. They may be made with Mandrake, two parts, Cayenne, one part. Dose, the above.

Vegetable Snuff.

Take Sassafras Bark, Colt's Foot Root, and Blood Root, equal parts, dry and powder, sift and use—for Catarrh and obstructions in the head.

Anti spasmodic Mucilage.

Pleurisy Root, Comfrey, Dandelion, Skunk Cabbage, (the roots) dried and powdered, equal parts, adding one spoonful of ginger to half a pint of the mixture. Dose, one tea-spoonful in hot water night and morning.

Cough Powders.

Take equal parts of Hoarhound, Wild Turnip, Skunk Cabbage, Bitter Root; powder and mix one spoonful of Cayenne to half a pint of the powdered mass. Dose, from half to one spoonful at bed-time, taken in hot Smartweed tea,—Excellent.

Four Grand Agents.

There are four ways in which Medicine operates in draining the system of disease, viz:—*Expectorant* to produce spitting, *Ludorific* to sweat, *Diuretic* to cleanse the urinary passages, and *Cathartics* to regulate the bowels. And no Medicine can be a universal remedy without possessing the above properties.

A Variety of Canadian Plants, with their Medicinal Properties.

While it is admitted that every Country has remedies for its own diseases; *Canada* for its Botanical Remedies, perhaps, is not exceeded by any other part of America. Those natural Agents or Vegetables which the God of Nature has planted for us, are more congenial to our constitutions than Foreign importations. Native plants were used by the *Indians* of this Country long before America was discovered; and we are indebted to them for some of the best Medicines in the world.

Anti-diarrhœa. (Bears Feet,)

Grows by the sides of ravines and hedges, leaves heart shaped and spear pointed, roots carrot shaped, the size of a finger, milkey, with a coating of brown and yellow; the best Medicine for Bowel and Summer complaints among children in Europe or America—use; bruise the roots and boil in milk and water, or dry and powder the roots. Dose, one tea-spoonful in hot water sweetened, repeat if necessary; it will not fail of a cure.

Alum Root. (Cranes Bill.)

Grows from six to twelve inches high (on sandy soil;) branches out, and from between its branches puts forth a purple flower succeeded by spikes which give it the name of *Crane's Bill;* the roots are astringent, used to cure dysentery, bleeding, flooding, whites: gargle for sore mouth.

Indian Rhubarb. (Water Dock.)

Grows in marshes, in ponds and stagnant water,

from three to six feet high, resembling yellow dock. Several years ago at the Grand River an old Indian, *Dr. Hill*, used the powdered root, in tea-spoonful doses in hot water for Dropsy, Rheumatism, Liver Complaints and Consumption: he said, "if perspiration took place" after giving a dose of this Medicine in a few hours he generally restored his patient with common remedies. It is the best Agent I know for all scrofulous humours. For "VENERAL," a strong tea made of this root bruised with double the quantity of *Adder Tounge*, (the first leaf that appears in the spring, spotted and glossy) drank freely, and applied as a wash, will cure this loathsome disease.

Indian Hemp,

Grows in marshes, and by the side of streams, two or three feet high—purple blossoms on the top, succeeded by silky pods pointing upwards, the stalk is covered by a tough bark like hemp, the root is an excellent Vermifuge, and promotes menstruation.

Indian Posey. (Life Everlasting,)

Is a balsamic herb growing on knolls in old pasture fields from one to two feet high, white blossoms on the top which continue through the winter; it has a beautiful smell, this herb boiled in milk and water is a popular remedy for the *Bloody Flux* and Inflamation in the Bowels—it is invaluable as an expectorant.

Crawly. (Jewel Nerve Root,)

Is generally found in the neighbourhood of beach drops. It has no leaves, comes up with a sing'e

stalk about a foot high; with numerous pods hanging down like Jewels, containing a fine seed, the root is brittle, not as large as a quill, growing in a bunch, the branches resemble fingers and toes—the powdered Root two parts, Skunk Cabbage one part, Wild Turnip one part, mixed with Molasses, will cure the *worst cough:* or the root and top boiled with *Indian Posey* is extraordinary.

Indian Remedy for Jaundice.

Take gold thread, steep it in Vinegar until it makes a strong bitter; take a quarter of a gill three times a day.

Gold Thread,

Grows in Cedar swamps and springy places, it has three leaves like a strawberry, the root is the size of a thread, very yellow and bitter; a good tonic, gargle for sore mouth, &c.

Angelica (Masterwort.)

Grows in marshy woods, flowering in June and July, five or six feet high, large hollow stalks resembling Parsnip, it is good for *Colic*, pain in the stomach and bowels; steeped with Dogwood Berries or Bark, in a dose of one gill three or four times a day; it is a great *tonic* and *carminative.*

Celandine. (Touch me Not.)

Grows by springs and brooks with yellow blossoms, speckled inside, juicy, large jointed, brittle stalks—flowers are succeeded by oblong pods which fly into shreds, when touched; garden celandine has large leaves with long pods like cabbage—and when broken a yellow juice runs out. These are a

powerful medicine applied to warts, ringworms, and for *piles* and *dropsy*.

Beech Drops.

Cancer Root grows under beech trees, six or eight inches high, brittle, of a brown color, root bulbous, it is good to cure cancer, ulcers, and St. Anthony's fire.

Convulsion Root. (Wild Poppy,)

Rises in rich soil in the woods, bunches of white stalks from four to six inches high, white buds—turning down like a poppy, roots resemble a mass of rotten wood full of small seed, the stalks bruised and steeped with *beech drops* equal parts—is a powerful remedy for *fits* in *children*, or symptoms of fits in old or young—it may be freely drank with safety—it will always strengthen the system.

Avens Root. (Clove Root,)

Grows a foot high near fences, blossoms in July, on long spikes which are yellow—the seeds in the fall will stick to the clothes, root smells like cloves. *Water Avens* blossoms purplish—appear in May. They are *astringent*, good for canker and cleanse the blood; use them together.

Comfrey Root,

Is good boiled in milk for bowel complaints, immoderate courses and Flour Albus.

Blood Root,

Well known in large doses, it is a good Emetic, in small doses of half a tea-spoonful of the powdered

root, it is good for ulcerated sore throat, croup, and hives.

Wild Turnip. (Wake Robin,)

Well known, is good for old people in cases of Asthma, Cough; it is good for women who are not regular, one tea-spoonful of powdered root mixed with Smartweed tea: it is also used for eye water.

Dandelion,

Grows in the door yard or garden, with flat yellow blossoms near the ground, then rises a hollow stalk the size of a quill, on its top a white globe appears and is blown off by winds—the root will correct an unhealthy state of the stomach and liver, and procure an appetite.

Burdock,

Operates gently on the bowels, root and seed cleanses the blood; good in rheumatism. Leaves, excellent draughts.

Hog Thistle,

Grows in new ground, summer flowers, the roots are sweet, let children eat them, they will destroy worms.

Whortleberry. (Huckleberry,)

Grows on mountains, plains, and in swamps; the fruit and root is strongly *diuretic*, many have been cured of gravel and dropsy, by its use.

Dwarf Elder.

This plant dies every year, and rises afresh in

the spring with a rough prickly stalk, two or three feet high, the root runs under the crust of the ground, as large as the finger; it tastes like Sarsaparilla, it has bunches of dark colored berries, it colors the hair black, and is a powerful *diuretic* for curing dropsy.

American Gensen,

Grows by hill sides, and old pastures, two feet high in branches, leaves spear shaped, and surround the stalk like thoroughwort—on the upper side yellow flowers appear; succeeded by yellow berries around the stalk. It is better than imported Gensen. A *Tonic*, which produces a healing effect upon the lungs and liver. It will also *cure bots* in horses.

Gensenq,

Grows in rich wood land a foot high, shooting out three branches, from the middle arises a pedestal, having on its top a bunch of kidney shaped berries —root, carrot shaped. It is good for nervous affections, to cleanse the *blood*, and to strengthen the *spleen* and *kidneys*.

Queen of the Meadow. (Gravel Root,)

Grows in marshes about four feet high, the stalk is reddish, flowers purple, leaves long, dark colored roots, full of oil which tastes like Turpentine. For Gravel, Bloody Urine, Diabetes, Dropsy. A strong tea of this root will always give relief.

Boneset. (Thoroughwort,)

Grows in marshes three feet high, the leaf surrounds the stalk at each joint, it has white blossoms. This

is an Emetic; good to act on the secretions of the liver, in small doses. With Vervine it forms the base of *Billious Emetic.*

Blue and White Vervine.

Blue and white Vervine grows two or three feet high, by the road side, the *blue* has small spindles on the top, resembling a mouse tail, full of blue blossoms, the *white* has longer spangles with white blossoms. These are a powerful *Emetic* alone or mixed with Boneset. A tea of them is good for consumption, menstruation, (root and top.)

Pleurisy Root. (White Root, Butterfly Weed,)

Grows in deep sand hills, about (Port Dover) two or three feet high, flowers on the top of bright orange color, succeeded by pods, silky pointing upward like fingers; root carrot shaped, brittle, brown outside, white inside. This root is famed for curing Pleurisy, Inflamation of the lungs, liver, and Dysentery. For any *Acute* disease, cleanse the stomach and bowels; then steep a handful of this root in a quart of boiling water. Give a spoonful occasionally.

Columbo. (American,)

Grows about the Grand River and Lake Erie—is better than the imported,—as a stimulant it is much used.

Golden Seal,

Grows about the Grand River and Bear Creek, from four to eight inches high, leaves like Alum Root, and like Mandrake, branches in two parts

frequently; root as yellow as gold, size of a quill with many Fibers. Tonic, Stimulant and Astringent.

Bog Bean,

Grows in the edge of marshy ponds with a green stalk—it rises a few inches having three leaves resembling bean leaves; roots long, the size of a finger, green on the upper, and yellow on the under side, spongy and porous—resembling a wind pipe—it is very bitter and mixed with Smartweed and *Cordus Benedictus*, or Spotted Thistle, (which grows in gardens) equal parts, will cure the worst throat diseases; Bronchitis, Quinsy, &c. Make a tea of the root, gargle, bathe, and drink freely.

Vine Mapel. (Sundial,)

Is a green vine as large as a quill, running around small trees in swales—ten or twelve feet high, large leaves with smooth edges, having sometimes bunches of black berries like grapes, root the size of a pipe-stem, very yellow and very bitter; it tastes like *golden seal*—it runs many yards under ground, near the surfage. It has cured scores of pain in the breast by chewing the root like tobacco. An excellen article in Syrups,—good in all billious affections.

Jacob's Ladder.

Jacob's Ladder is a vine that grows in old hedges and by fence sides, one stalk about breast high, then spreads off into small branches having curls like a grape vine clinging to other weeds, the fruit is a large bunch of black berries; and when ripe hang down under the leaves by a small stem; the root made into a tea and drank freely is a most

certain remedy for gravel in the bladder or kidneys.

Bath Root, (White and Red,)

Grows about a foot high, three oval leaves at the top of the stalk; and one flower red, bell shaped; the root is bulbous and full of small fibres. It is Tonic, Astringent, and Antisceptic. A tea-spoonful of the powdered root three or four times a day, is used in spitting blood, *immoderate courses*, and bloody urine.

Tag Alder.

The bark of the root boiled in *cider* is the best thing to cleanse the blood in the spring of the year. Take a tea-cupful every hour or two until it operates as Physic.

Spotted Plantain. (King's Evil Weed,)

Grows in the woods somewhat like Plantain, but the leaves are smaller, spotted green and white, and a single stalk runs up from the middle of the plant several inches, bearing near at the top small round buds. It is a certain cure for *King's Evil*. Make a poultice of the whole plant, and apply it to the swelling; and use a tea of the same for constant drink.

Mountain Mint. (Oswego Bitters,)

Grows along the lake shore, and on mountains and plains two or three feet high, its flowers resemble balm—its smell and taste is like Summer Savory; Diaphoretic; good for colds, Chill Fever, and Rheumatism.

Stone Root. (Ox Balm,)

Is found growing in rich soil two or three feet high, large oval leaves, blossoms pink colored, the whole plant, has, when broken a beautiful smell, the root shaped like a kidney or melt, covered with knobs resembling boils—and when dry as hard as a knot of wood. This root bruised and steeped, is a certain cure for inward *ulcers*; enlargement of the *spleen* and obstructions in the kidneys.

Lungwort. (Lichen,)

Shell Moss on Maple and Oak steeped; good for colds, coughs and consumption.

A List of the Most Common Herbs Generally Known, with some of their Properties.

The Author of this work has for many years been in the habit of showing *Medicinal Plants* to all who wished to learn their use in curing disease; and will continue to do so if health permit.

Alder (black).—Good for bleeding at the lungs, a wash for ulcers.

Burdock.—Is good to cleanse the blood, (root and seed) the leaves are an excellent draught applied to the feet.

Catnip.—Good in fevers to promote perspiration.

Comfrey.—Valuable in coughs, and for palpitation of the heart.

Hoarhound.—Combined with Boneset; good for a cough.

Motherwort.—Good for Nervous headache.
Mullen.—Good mixed with *Celandine* for piles.
Peppermint.—Valuable for the colic pain in the breast.
Skunk Cabbage.—An Expectorant, and Anti-spasmodic.
Sassafras.—To cleanse the blood, a wash for sores
Spice Bush.—Good in fevers, to purify the blood.
Ladies Slipper.—Good Anti-spasmodic.
Wormwood.—Good for worms, it will cleanse the system.
Wormseed.—Boiled in milk, good for worms.
Yellow Dock.—Will purify the blood from humors.
Poke Root (and Berries)—Good for Rheumatism, in poultice; good for different swellings.
Canada Thistle.—Steeped and sweetened with honey, good for gravel and inflamation in the kidneys.
Burnet (wild).—Found among grass three or four inches high with top like a pine burr. Great *Anti-sceptic*, Princes Pine, Wild Lettuce, Liver-wort, Wild Cucumber, Spear, Horse Pepper, and Mountain Mint,—sweating; Mayweed, Elder Blows, White, Blue and Red Cohush—sweating and pectoral, also stimulants.

Oils of Animals for Ointment.

Bear, Coon, Skunk, Deer, Hen, Goose, Turkey, Turtle, Rattle Snake, &c.; Snake and Turtle very relaxing.

A Few Articles of Diet for the Healthy and Sick.

Wheat Bread.—Bread should be made of unbolt-

ed wheat flour, or only the coarsest part separated, ground coarse and made in the usual manner. This keeps the bowels regular, while that made of superfine flour causes costiveness and dyspepsia, by a deficient stimulous imparted to the intestines. It is said the Greek wrestlers used *Brown Bread*, calling a loaf *coliphium*, which imparts strength of limb. Look at the stout New Englanders, who lived on coarse *Rye* and Indian, or Brawny Scotch Highlanders who used *Barley Bread*, and vigorous Irish living on Oatmeal and Potatoes.

Receipt for Bread.—Pour warm water with yeast into the flour, and make a thick batter—let it rise—then stir in more meal, knead it, and put it into pans; let it rise again, and then bake it. A little Indian Meal, or mashed boiled potatoes are a good addition. It may be mixed with milk or buttermilk.

Bread and Milk.—Is an excellent dish.

Rye Pudding.—Milk thickened with Rye flour, and eaten with butter and molasses, is excellent.

Indian Bread.—Mix Indian Meal with a little cold water adding salt; make a thick batter, put into pans and bake well: to be eaten with butter,—this is prefered by many to wheat bread, and was the only bread used by *General Washington.*

Water Soup.—Stir butter and flour in a pan over the fire till brown, add a little pepper and salt, put all in a bowl, fill up with boiling water. Good to strengthen a weak stomach and bowels.

Hasty Pudding, Oatmeal Gruel, Baked Indian Pudding, Boiled Rice, Milk Poridge, Indian Meal Gruel, and Buttermilk Pop. Good for *sick* and *well.*

Terms of Classification of Medicine.

Anti-spasmodics.—Have the power of allaying irritation and spasms.

Astringents.—Have the power of binding, or contracting the powers of the body.

Anti sceptics.—Against mortification.

Aromatics.—Spicy, strong scented, palatable, stimulating.

Carminatives.—Medicine to dispel wind.

Cathartics.—Medicine to purge downward.

Emetics.—To act upon the stomach, independently.

Detergent.—To cleanse and purify the blood.

Diuretics.—Medicines which increase urinary discharges.

Diaphoretics.—Increase the natural exhalations of the skin by moderate perspiration.

Emmenegogues.—Medicines to promote menstrual discharge, or courses.

Expectorants.—Medicines which increase the discharge of mucous from the lungs.

Styptics.—Medicines to stop blood, or bleeding.

Sudorifics.—Medicines which produce copious sweating.

Stimulants.—Medicines which give tone to the system.

Mucilage.—Slimy substances to strengthen the body.

Vermifuge.—Medicines to expel worms.

Laxative.—A mild physic.

I would say in *conclusion*, to all into whose hands this work may come; do not read to find fault, unless from sober reflections, you cannot approve of its contents, and may the *Almighty* who has caused Medicine to grow for the benefit of man, bless the feeble efforts of the Author.

APPENDIX.

THE THOMSONIAN PRACTICE OF MEDICINE.

Dr. Thomrson argues that the immediate cause of all diseases, in a greater or less degree, is cold, or an unequal distribution of heat; and therefore that they may be removed by one general remedy. That heat is life, and cold is death; that cold is the enemy, and heat the friend of man, which, in all cases called fever, is in a disturbed condition by being driven from the inward part to the surface. The cold causes canker, but before the canker is seated, the strife will take place between cold and heat, as in the ague and fever; while the hot flashes and cold chills remain, it is evident that the canker is not settled, and the hot medicine alone, occasionally assisted by steam, will throw it off. Then the great point is to raise the inward heat by vegetable stimulants, such as No. 2, 6, and the like, and keep the determining powers to the surface, by keeping up the inward heat on which life depends.

But when the contest ceases between heat and cold, the heat is steady on the outside; then the canker assumes the power inside; this is called a settled fever. Then the great point is to raise and keep up the intereal heat with No. 1 and 2, so as to overpower the cold, and take off the canker with No. 3, and give the same by injection. In this way a fever may soon be turned. And disease in general may be treated by the same general rule: that is, by raising the internal heat to bring on perspiration, by cleansing and strengthening the

stomach, until it can receive and digest a sufficient quantity of food to raise and maintain that heat which is necessary to life.

In all cases of disease injections may be administered to advantage; they seldom or never do harm, and in many cases they are indispensably necessary, especially where there is canker or inflamation in the bowels, and if there are danger of mortification, add to the injection a tea-spoonful of No. 6; in cases of this kind the injection should be given first, or at the same time of giving the composition; or No. 2, 3, or 6 into the stomach. In all cases of disease where there is danger of mortification, add a tea-spoonful of No. 6 to each dose.

In the first stage of a fever, the patient should be carried through *a regular course of the medicine*, and repeated every second or third day, if the case should require it. The inward heat and perspiration should be kept up by giving a dose of No. 2, or 6, or both together in a tea of No. 3, or of the composition powder. If any nervous affections appear, add to each dose half a tea-spoonful of nerve powder; it may be used instead of opium in all cases of pain, restlessness, &c., and has none of those bad effects which often attend the use of opium. The doses of it may be repeated every ten or twelve minutes till it has the desired effect. The nerve powder is the root of the American valerian reduced to a fine powder.

Be careful in all cases after taking the patient through a course of medicine, to keep up the internal heat and perspiration by giving No. 2 and 6, in a tea of the composition powder. To prevent a relapse of the disease the patient should frequently drink, during the day, of a tea made of black poplar

bark, and evening and morning a tea-cupful of tea made of No. 3. If costive, use the bitter root in powder, in doses of half a tea-spoonful, and give injections of No 2 and 6, in a tea of No. 3, or according to the directions in the table of medicine, so as to procure at least one or two stools a day.

The patient's diet should be light and easy of digestion, given often and in small quantities. If taken through a course of medicine, or while under the operation of the emetic, the strength is to be supported by chicken broth, or milk porridge, to be given at each internal of vomiting. To open the pores on the surface of the skin, the patient should frequently be washed with soap suds or an alkali wash, especially when the fever runs high and the skin is dry—this helps to bring on a perspiration, and promotes the cure.

Fever is a disturbed operation of heat; what is commonly called fever is the effect, and not the cause of disease. Cold causes an obstruction, and fever arises in consequence of that obstruction to throw it off—this is universally the case; remove the cause and the effect will cease. No person ever died of a fever, for as death approaches the patient grows cold, until in death, and the last spark of heat is extinguished.

A table, or list of medicines, and their preparation, according to Dr. Thomson.

No. 1. *The emetic. Lobelia inflata, or Indian tobacco.* No. 1. may be prepared in three different ways.

The *first* preparation is to reduce the leaves, pods and seeds, together or separate, to a fine powder. The seeds are best. A tea-spoonful is a dose, and

must be repeated once in ten or fifteen minutes until it operates. Put nothing hotter than blood-warm to the powder, or it will destroy its emetic virtues.

The *second* preparation is to bruse the green herb fine in a mortar, add the same quantity of spirits, mix and powder together, strain, and squeeze out all the liquor; a tea-spoonful of this liquor is a dose. To be managed as above, when given as an emetic. This preparation is a proper counter poison, and may be taken into the stomach, or externally applied. It is also an excellent medicine for the asthma or any complaint of the lungs. In cases where people get poisoned with ivy, or any other way, a wash of this generally gives immediate relief; a tea of the composition powder, or cayenne, should be drank at the same time.

The *third* preparation is the seeds reduced to a fine powder, of which put a large spoonful, and as much of No. 2, into a gill of No. 6, adding a tea-spoonful of nerve powder. A tea-spoonful is a dose. This, or either of the above preparations, should be bottled tight and kept for use. Shake well together before taking it. This preparation is for the most violent attacks of disease, such as lockjaw, fits, bite of mad dog, drowned person, and in all cases of suspended animation. In cases where the spasms are so violent that the patient has become stiff, and the jaws set, by pouring some of this liquid between the teeth it will relax the spasms as soon as it touches the glands at the root of the tongue, so that the mouth will open. Then give a dose and repeat it if necessary. Afterwards give a tea of No. 3, for canker, which seldom fails to give relief. It is also good to bring out measles and small pox; and if

applied to pimples, warts, &c., it removes them.

No preparation of the lobelia will operate well as an emetic if the stomach be either *cold* or *sour;* therefore if the stomach be cold it should first be warmed by some warming herb drink; the composition tea, cayenne, or No. 6, is best. If sour, take a lump of pearlash of the size of a pea, dissolved in a little water; this will correct the acidity and sweeten the stomach. To promote the vomiting, drink pennyroyal tea; in order to have the stomach well cleansed repeat the dose as the case may require, and in the intermediate times of vomiting, chicken broth or milk porridge may be given to support the patient.

Lobelia is innocent on nature, and does not rend the system like tartar emetic. It never reduces the patient's strength but little; but when it comes in contact with disease of long standing, low patients, and also when much opium has been taken, &c., the symptoms are sometimes alarming; but no danger need be apprehended, for it is a certain sign of a turn of the disease. The emetic may be ventured on whenever a puke is admissible. After the operation is over the patient may eat any food that is easy of digestion.

No. 2. *Cayenne pepper.* Grind it fine, and for a dose give from half to a whole tea-spoonful, to be repeated every ten or fifteen minutes, until a free perspiration is raised; it may be given in a tea of the composition powder, in hot water, in a tea of No. 3, or any of the other numbers, and should be sweetened. The patient should be shielded at the same time with a blanket by the fire, or in bed. The American cayenne is said to be equally as

good for medicine as the imported, but not so strong. Red pepper is a very good substitute.

No. 3. *For canker, called patent coffee.* Take of bayberry root, the bark; white pond lily, the root; hemlock, the inner bark; of each an equal quantity, reduced to powder and mixed together. Steep half an ounce of this powder in half a pint of boiling water. For a dose, a comman wine-glassful sweetened. When all the ingredients cannot be had they may be used separate, or any of the following substituted in their place, viz: red raspberry, the leaves; witchhazel, the leaves sumach, (or shoemake.) the leaves, bark, or berries.

No. 4. *The Bitters.* Take of balmony the herb; black poplar, the inner bark; bayberry, the inner bark; of each equal parts to be reduced to powder. —one ounce of this to a pint of hot water and a half pint of spirits, or to a quart of spirits. From a half to a whole wine glassful may be taken three times a day. For hot bitters, a tea-spoonful of No. 2, to one ounce of the powders.

No. 5. *Strengthening syrup.* Take of bayberry, the bark of the roots, and poplar bark, one pound of each; boil them in two gallons of water, strain and add seven pounds of good sugar—then scald and skim it, add half a pound of peach or cherry stone meats, pounded fine; when cold, add a gallon of good brandy, and keep it in bottles for use. Take half a wine glassful two or three times a day.

No. 6. *The hot drops, or rheumatic drops.* Take of good fourth proof brandy, or alcohol, one gallon; one pound of gum myrrh, pounded fine; one ounce of No. 2; put them together in a stone jug, stand the jug unstopped a few minutes in a kettle of boiling water; then take it out and let it settle, and

bottle it for use; or let the ingredients stand four or five days in the jug without boiling. A tea-spoonful is a dose.

These drops may be employed to advantage in rheumatism, pain in the back or side, corns, felons, wind and pain in the stomach or bowels, sprains, bruises, and wounds. They are good to bring down swelling in old sores, and allay inflammation; to ease pain, and prevent mortification internally or externally; good in most diseases either to be taken into the stomach, or by injection. In headache they often give relief by rubbing some on the forehead, snuffing a little up the nose, and swallowing some. It also prevents faint feelings by taking a small dose; and it promotes perspiration. When applied externally in rheumatic pains, it may be mixed with the lobelia tincture, (second preparation); and in sprains, bruises, or strains, a little camphor and spirits of turpentine may be added.

Vegetable composition powder. Take of bayberry, the bark of the roots, two pounds; the inner bark of hemlock, one pound; ginger, one pound; cloves, two ounces; cayenne pepper, two ounces; all reduced to a fine powder, well mixed, and sifted through a fine sieve. For a dose, turn a tea-cupful of hot water on a large tea-spoonful of this mixture, to be sweetened and drank when cool enough. In more violent cases add a tea-spoonful of No. 6; and in nervous affections, add half a tea-spoonful of nerve powder also, when cool enough to drink.

This valuable preparation may be used by young or old, male or female, with perfect safety in all cases of cold, headache, pain in the limbs, stomach and bowels, dysentery, diarrhea, cold feet or hands, and female obstructions caused by cold. When

taken, the patient should be warm in bed, to promote perspiration.

N. B. It is said the above preparation is better without the hemlock bark than with it.

Cough Powder. Take of skunk cabbage roots, four parts; hoarhound, two parts; wake robin or wild turnip, one part; lobelia, one part; cayenne, one part; bayberry root bark, one part; bitter root, one part; nerve powder, one part; all made fine, and well mixed together. Half a tea-spoonful for a dose, to be taken in West India molasses. The best time when going to bed, and to be persisted in till relief is obtained. These powders are good in any cough, consumption, &c.

Vegetable composition pills. Take a sufficient quantity of cold water, and the inner bark of slippery elm, reduced to a fine powder; beat these well together so as to form a jelly; to one pint of this add four ounces of loaf sugar pounded fine; stir them well together, and then add two ounces of golden seal; one ounce of bitter root; one ounce of bayberry, the bark of the root; balmony, the herd, half an ounce; ginseng, two drachms—all to be reduced to a fine powder, and well mixed together; after this add a sufficient of cayenne and nerve powder to form it into a proper mass for making pills. When formed into pills they may be rolled in the powdered bark of the elm, or in fine loaf sugar. From three to six is a dose for an adult. These pills are employed in costiveness, and other complaints of the bowels; they operate as a very mild laxative, good to strengthen the digestive organs, and warm the stomach; and are beneficial in most diseases—they relieve pain in the stomach

of weak persons, caused by indigestion or weakness of the stomach.

Emetic pills. Take of the seed of lobelia in powder, one ounce; cayenne in powder, one ounce; nerve powder, two drachms—take the extract or syrup of black poplar bark, three parts, and of No. 6, one part; of these a sufficient quantity to form the whole into a proper mass for pills. The extract or syrup is made thus: boil the strength out of the bark; fill up the kettle with water two or three times, strain off the liquor and boil it down to the consistency of thin molasses. These pills may be employed to scour the stomach; they should be taken at night when going to bed. Enough should be taken to nauseate the stomach and not puke, (which is from two to six.) Should vomiting take place, the patient should drink pennyroyal tea, or the milk, as hot as he can bear it. These pills are good for a sick headache, a cold watery and sour stomach, for indigestion, dyspepsia, &c.

For dyspepsia, in addition to taking the pills at night, half a tea-spoonful of the bitter root in powder, should be taken two or three times a day.

Injection. Make a strong tea of No. 3, or any of the articles recommended for canker; strain off the tea while hot, add half a tea-spoonful of No. 2, and a tea-spoonful of No. 6. In nervous affections add half a tea-spoonful of nerve powder when cool enough to give—and in all cases two or three table-spoonfuls of West India molasses. If poison has been taken into the stomach or intestines, a tea-spoonful of the tincture No. 1, may be added, and likewise slippery elm bark; the bark must be added to the first ingredients for the tea.

When the bowels are left sore on account of any disease, give an injection of a tea made of slippery elm bark; red raspberry leaves, or witch-hazel leaves, or both; this has a tendency to heal them.

Poultice. Take slippery elm bark, pulverized, with ginger and pounded cracker, make a strong tea of red raspberry leaves, or No. 3, and of these make a poultice. This is a proper application to old sores, scalds, bad burns, parts frozen, felons, and whitlows. Renew the poultice once in twelve or twenty-four hours, keeping it wet with cold water, or the above tea; at each renewal wash the affected part with soap suds; when the part discharges good matter apply the salve.

Salve. Take of bees' wax and salt butter each one pound, one and a half pounds of turpentine, twelve ounces of balsam of fir, melt and stir them well together, then strain off. After the inflammation is allayed, it may be used for burns, scalds, freezes, all bad sores, fresh wounds, &c.

Nerve ointment. Take of bitter-sweet, the bark of the roots, two parts; equal quantities of worm-wood and camomile, one part; put these into any kind of soft animal oil, simmer them over a slow fire for twelve hours, strain and add to each pound of ointment, one ounce of spirits of turpentine. To be used for bruises, sprains, strains, callus, swellings, corns, &c.

Cancer balsam or plaster. Boil a strong decoction of red clover heads in a brass kettle down to the consistence of tar, without burning it; it is then fit for use. It cures cancers in the first stages, sore lips, and old sores. Or see *cancers*, page 173.

Strengthening plaster. Take of burdock and mullen leaves, bruise, and put them into a kettle of

water; boil them well, strain, and press all the juice out of the leaves. Boil down the liquor till half as thick as molasses, add three parts of rosin, and one of turpentine, simmer them together till the water is evaporated; then pour it into cold water and work it with your hands; if too hard, add more turpentine. Spread it on thin leather and apply to the part affected. It is good for lame backs, sides, sprains, and rheumatism.

Wine bitters. Take of golden seal two ounces, bitter root one ounce, nerve powder one drachm, balmony two drachms, black poplar the inner bark, two drachms, cayenne, half a drachm. One ounce of these reduced to a fine powder may be added to a quart of wine; from half to a wine-glass may be taken three times a day. Port or claret wine is best.

These bitters cause an agreeable warmth through the system, by increasing the circulation of the blood. Good in dyspepsia, nervous weakness, and costiveness; they increase the appetite, give tone to the stomach, expel faint torpid feelings and headache, occasioned by cankered stomach, chronic debility, or sudden cold. These bitters are harmless and may be used by young or old; good to strengthen weak patients, &c.

Eye water. Take of white pond lilly root, marsh rosemary root, witch-hazel, and red raspberry leaves, make a strong tea of all or either of them, add one third as much of No. 6, and a little of No. 2. Bathe the eyes four or five times a day; keep your eyes at the same time as much as possible from the external air, and immerse your face every morning in cold water, shutting and opening your eyes till well washed.

Volatile salts. Take of crude sal ammoniac one ounce, pearl ash two ounces; pound the ingredients separate, mix them well together, bottle close for use; damp it with spirits or essence; this applied to the nose is good for faintings, and to remove pain in the head.

Steaming. Steaming is of the utmost importance in cases of suspended animation, such as drowned persons, and in many cases of spotted fever, when they fall apparently dead; in this case place the body over a moderate steam, shielded by a blanket from the external air, till you can raise the internal heat so as to get the determining power to the surface and as life gains, increase the steam as the patient can bear it; if the patient be much distressed, give the more hot medicine; as soon as an equilibrium takes place, the pain will cease. In all cases of this kind the difficulty cannot be removed without the application of heat to the body, and it is more natural by steam than by any other means that can be made use of.

In cases of long standing where the patient has been run down with mercury, and left in a cold obstructed state, liable to rheumatism and other complaints of a similar nature, medicine is insufficient to effect a cure without steam, as nothing will remove mercury but heat. When a patient has been long under mercurial treatment, and while under the operation of the steam, when the heat is at the highest the face will swell in consequence of the poisonous vapor being condensed by the air, and the face being open to it. To relieve this put the patient in bed, with the head covered, and let him breathe a lively steam as hot as can be borne, from a steaming stone; the cloths being wet with water and vinegar in which the stones are wrapped

—this will throw out the poison in about fifteen or twenty minutes after the swelled part sweats freely, and then the swelling will abate. For the ague in the face, or for toothache, and when children are stuffed in the lungs, the face may be steamed as above directed. In cases of pain in the legs, hips, back, or any other part, or a stitch of wind in the side, stomach or shoulder,—if a steaming stone is applied to the part pained, it will generally give relief.

In all cases of falls or bruises, steaming is almost infallible, and is much better than bleeding; if the advantages of steaming were generally known, in cases of falls, bruises, and the like, bleeding would seldom be resorted to in such cases. Before and after steaming, give the hottest medicine you have and keep up the perspiration free until the pain and soreness abate. In all cases where the heat of the body is so far exhausted as not to be rekindled by the use of medicine, as in chills, stupor, suspended animation, &c., heat by steam is more natural in producing perspiration than any dry heat which can be applied to the body in any other manner. The use of steaming is to apply heat to the body where it is deficient, and to clear off obstructions caused by cold, which the operation of medicine will not raise heat enough to do; the natural heat of the body must be raised as far above the natural state, as by disease it has fallen below it, and this must be repeated until the digestive powers are restored: then the food received into the stomach will maintain that heat on which life depends.

When steamed, the patient should stand or sit over the steam bath divested of his clothes, and shielded from the air by a blanket being pinned

around his neck. Previous to his going over the bath, he should take one or two doses of the composition tea, with the addition of either No. 2, or 6, or both of them. While steaming in all cases the internal heat must be higher than the external, by repeating the above named doses—this prevents faintness, and renders the operation both safe and easy to the patient. Should faintness take place at any time while under the operation of the steam, after giving a sufficient quantity of hot medicine, the external heat must be let down by washing the patient's face with a little cold vinegar—should this be ineffectual, apply a little to the stomach—and the faintness will subside. The patient may continue over the steam from fifteen to thirty minutes, or as the case may require. The steam may be raised or let down at pleasure, by immersing small hot stones in the water over which the patient is placed; the water should first be made boiling hot, and the steam raised high enough to bring on a free perspiration with the help of the hot medicine, but not so high as to burn the patient. When done steaming, the patient should be lightly washed off with cold spirits, vinegar, or cold water; this closes the pores of the skin, prevents the danger of taking cold, and refreshes the patient very much. When the above named hot medicines cannot be had, others may be substituted in their places, such as red pepper, summer savory, and the like.

The way a steaming stone is prepared, is by heating a stone in the fire till nearly or quite red hot; then immerse the stone in cold water, till it quits hissing; take it out and wrap it in three or four folds of linen cloth, wrung out of the water, and one fold of a dry flannel cloth wrapped over

the whole. The stone should be about the size of a man's head, and while one or more is applied to the patient; more may be heating if necessary.

A REGULAR COURSE OF MEDICINE.

First, give No. 2, and No. 6, in a tea of the composition powder, or in a tea of No. 2, then steam; after steaming, the patient must be put in bed with a steaming stone at his feet, and take a dose or two more of the hot medicine; then take the emetic No. 1, and repeat as occasion may require to cleanse the stomach; this will also assist in keeping up the perspiration. When the emetic is done operating, give an injection according to directions, (see directions.) When there are nervous symptoms, or nervous affections, or spasms, add half a tea-spoonful of nerve powder to each dose, and into the injection. In the intermediate times of vomiting, the patient should drink milk porridge, chicken broth, or the like.

This operation will be sufficient for once, and may be repeated every second, third, or fourth day, or as the case may require. In violent cases where immediate relief is needed, No. 1, 2, 3, and 6, may be given together. No. 2, and No. 6, and the composition, are given to raise the internal heat, and bring on a perspiration; the steam is applied to open the pores and aid on the perspiration. No. 3 is given to remove the canker, and heal the stomach and bowels.

In slight attacks of disease a whole course of medicine will not be necessary; your judgment must be used, what medicine to give, and how much. In all cases of long standing and severe attacks, a whole course of medicine will be neces-

sary, and must be repeated as the case may require.

Rejected medicine and practice. The use of those herbs and minerals which possess a poisonous nature, such as garden hemlock, (cicuta,) laurel, swamp dogwood, ivy, arsenic, antimony, calomel, opium, and the practice of bleeding, blistering, giving mercury drastic purges, &c., are rejected by Dr. Thomson.

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NOTE.---A number of typographical errors have occurred in the publication of this work, but as they are unimportant, and such as can easily be corrected by the reader, it is deemed unnecessary to introduce an errata.